

# Snow News IS Good News

Newsletter of the Nooksack Nordic Ski Club

P.O. Box 28793, Bellingham, WA 98228  
Website: [www.Nooksacknordicskiclub.org](http://www.Nooksacknordicskiclub.org)



## President

Jeff Rhodes 509-312-9846

## Vice President

Todd Eastman 319-1163

## Secretary

Allan Richardson 733-5477

## Treasurer

Norm Miller 756-0170

## Trips Coordinator

Kurt Duey 820-4174

## Salmon Ridge Coordinators

Kurt Duey 820-4174

Gail Garman 371-3554

Ed Halasz 647-3560

## Membership

Jim Rhodes 734-8246

## Publicity

Vacant

## Newsletter Editor

Lynn Alderson 223-5859

## New Member Coordinator

Richard Cochinos  
671-4502

## Hospitality Chair

Sharon Robinson  
647-8606

## Webmaster

Susan McClung  
675-9351

## Day Trip Coordinator

Don Hicks 733-4815

## Program Coordinator

Joan Dudley 223-0225

February 2011



## Cliff Palmer Presents "Alpine Safety Awareness" With the American Alpine Institute

### Club Meeting

**When** – Thursday, February 3

New member orientation is at 6:30;  
Meeting starts at 7:00.

**Who** - Anyone is welcome!

**Where** – ReStore Sustainable Living  
Center classroom, 2309 Meridian,  
Bellingham, WA. Enter from the alley  
behind the building, then up the stairs to  
the second floor.

*Think Snow !*



Visit Our Website for the Latest Information: [www.nooksacknordicskiclub.org](http://www.nooksacknordicskiclub.org)



## FOR SALE

Men's Skate Ski Package: Fischer SCS skate skis (195cm) with Pilot bindings and boots (size 46) with two sets of skate poles (Exel and Swix). Excellent condition. Originally cost \$670. Now selling for \$285.

Ron Sawyer, 671-9044 or [roncsawyer@yahoo.com](mailto:roncsawyer@yahoo.com).

## DAY TRIP SCHEDULE

Don Hicks is our day trip Coordinator. When these events occur, please meet at the SE corner of Sunset Square parking lot near Cost Cutter and the rock wall.

Contact Don Hicks at  
360-733-4815

## UPCOMING MEETINGS

Monthly meetings are the first Thursdays, 7-9 PM

March 3, 2011  
September to be announced later

## VOLUNTEERS NEEDED FOR DAY TRIPS

Would you like to lead a day trip to Hollyburn or elsewhere? At this time it appears February 12th or 13th would be good days for a one-day trip. If you are interested in leading a trip, please contact Don Hicks.

The "Hollyburn" XC-ski area at Cypress Mountain is north of Vancouver, B.C. Only a 1-1/2 hour drive from Bellingham, Hollyburn is our closest premier XC-Ski Park. It has an elevation of 3,500 ft. and 26 km of highly groomed trails for classic and skate skiing that wind past snow-covered lakes, through meadows, and snowy mountain forests. There are fantastic views of the Salish Sea, islands, Burrard Inlet, and the city far below. There are two huts where food can be purchased, one at the entrance and the other (on the trails) is the historic Hollyburn Ski Lodge dating from the 1920's. There is also a large warming hut up the mountain. Trail fees are \$18 (\$12 for 65+) for a full day. We will meet at Sunset Square parking lot, on the Southeast corner at the rock wall, near Cost Cutter at 8am for carpooling.

For more details...

Contact Don Hicks at  
360-733-4815 or  
[hicks46@netzero.net](mailto:hicks46@netzero.net)

## NICKLE PLATE TRIP

There are two spots still available on the Apex-Nickelplate trip. Send me a check made out to NNSC for \$170, which will hold your spot. It can be either a couple or two singles. This is about a five-hour trip to one of the better cross-country ski areas in B.C. It will involve shared meals, cooked by the members. The accommodations can be seen at apex whitetail chalet buck suite. Members can also ski at China Ridge, located above Princeton, on the way to Apex downhill resort, where we will be staying. Our chalet is only ten minutes away from Nickelplate, located on a high plateau nearby.

Kurt Duey

360-820-4147  
[kurt.duey@comcast.net](mailto:kurt.duey@comcast.net)

## THANK YOU MARY!!

Mary Durbrow has resigned as Publicity Chairman for the club. Mary your work for the club was appreciated. You spent many hours helping our community become better acquainted with NNSC.

The NNSC Board



## MY SKIING MOMENT !!

A new section has been suggested for the newsletter. Club members are encouraged to share their "I'm Skiing Moment".

For a couple of years in our earlier skiing, Jerry and I had been using mostly step turns.

At one point, we had some informal lessons how to use the snowplow technique to slow ourselves going down hills.

Putting on the brakes was the only way we used the technique.

I attended a wonderful ski clinic about parallel turns sponsored by the Nooksack Nordic Ski Club and instructed by Dick Garcia. I personally was not able to master parallel turns, so Dick encouraged me to focus on my snowplow turns.

During a trip Methow Valley my "oh wow! I am really skiing! moment came. Jerry and I had been out Nordic skiing and in the late afternoon we came to an Alpine ski run called "BX

Corral" (since obliterated to make way for another hotel.) We skied across the top of the hill on a diagonal, and then deliberately stopped ourselves. We used "daisy turns" to reposition ourselves for another diagonal glide. We stopped

had taught me. I skied across the slope on a diagonal, and then carved a turn. I smoothly continued skiing and carved a series of turns, increasingly closer together. I was really skiing! I am sure that even if the light were dim, Jerry could have easily seen the glow on my face, because I had such a huge smile on my face.

Susan Mc Clung

If you have had that "skiing moment" and wish to share your experience, please send your "Skiing Moment" to the editor Lynn Alderson to share with members via the newsletter at [lalder3122@hotmail.com](mailto:lalder3122@hotmail.com)

## YOUTH SKI CLINIC WAS A SUCCESS !!

The Youth Ski Clinic started on New Year's Day with perfect ski weather. Eleven young skiers showed up to enjoy a new sport. Our volunteer coaches Todd Eastman and Jeff Rhodes lead a great couple of days for our students. The kids did over an hour of picking up the basics on the well-groomed practice area near the Salmon Ridge Sno-Park parking lot. They were out on the trails taking on their first hill by the end of the first day. By the end of Sunday's clinic the kids were skiing in the trees and just having a ball. Todd Eastman noted, "Kids really watch each other and pick up the technique quickly." We all hope that by exposing the kids to this great sport we will develop a love of Nordic skiing that will last a lifetime.

Thanks again to the volunteer instructors Todd Eastman and Jeff Rhodes for donating their time and expertise to the young skiers for these classes!

Deanne Kanenaga



Ski Clinic & Todd Eastman

## WHEN YOU CAN'T COUNT ON THE WEATHER !

When you can't count on the weather cooperating, at least you can count on the food being good and plentiful. We came to Manning Park with puddles in the parking lot. The rain followed us all the way up the mountain. So, instead of an afternoon ski on Friday, some of us read and some played ping-pong and others a board game on a table in front of the crackling fireplace. Our chalet wasn't ready until late in the afternoon, but we moved in with quick precision of many years of experience.

This Manning Trip has become a yearly tradition on the calendar, complete with a usual quick fill and waiting list. I was lucky; I got in from being second on the waiting list. One never knows what can happen and I hope the injured lady I replaced is healing well, by the way. I was also lucky that I knew to check and plan according to the weather report. It called for rain almost all weekend. Always hopeful, I packed my ski and snow gear, but the practical side of me packed rain gear and snow shoes. The great thing about Manning Park is this little area has a indoor pool, sauna, steam room, workout room, Jacuzzi's and inside the lodge they have a recreation center complete with ping pong, pool and foosball tables. They have board games and a beautiful lobby with big fireplace. Oh, they also have a gift shop, restaurant and pub. It's an okay place to be when it's raining. It didn't stop us. And they were nice enough to discount the price of the ski pass, not only for the weather, but because their

track setter was broken. It got fixed the day it poured.

Some of us took the shuttle bus to the Strawberry Flats, some skied all the way back to the chalet, some didn't. "Graduation Hill was a piece of cake", Don Hicks reported. We made the best out of the situation and got out in the elements being the hardy group of Nordic cross-country skiers we are. We weren't going to let a downpour of rain keep us from what we came all this way to do. I remember trips when it was so bitter cold, you could only be out for a while at a time. Well, that was me. There are many I admire who venture out into nature no matter what the weather.

We had a great time. We had nice visits getting to know our fellow club members and we still got to watch some of the Seahawk game. We felt the pain of defeat while watching them loose to the Bears, but hey, we didn't loose. And did I mention the food? The blueberry pancakes were the best ever. And that artichoke dip was to die for. And my oh my the homemade ginger bread cake....well, like I said, we may not be able to count on the weather, but these people know how to eat. After all, there is such thing as next year. And what are the chances of rain two years in a row????

Oh, and by the way, Monday morning it snowed and we skied for a couple of hours at Strawberry Flats before heading home. It was the beautiful winter wonderland we came there for. Just goes to show ya, it's not over until it's over. It was absolutely beautiful.

Cindy Hassell



Cindy Hassell, Mary Lou Stern and Lynn Alderson at Manning

### THE PREZ's LETTER

Greetings to all of my fellow skiers! As we pass the halfway mark of winter, it is important to note that we have many exciting events happening this year. Not only are there several trips that are full, the board is currently pursuing a program to provide ski lessons to the community and reviewing proposals to groom Twin Lakes Road and expand our snowshoe trails. Many people volunteer their time to make these events a success. I look forward to the rewarding experience of working with all of you to continue providing an environment that encourages safe outdoor winter activities. Please feel to contact me either by phone or email to share your ideas for how we can share our love of skiing with each other and our community. Safe Skiing!

Jeff Rhodes

### HOW ARE YOU DOING THIS YEAR ?

Its ski season, time to get out on the snow; time to do something

intensely physical. Its time to do something without the power equipment and crowds. Its time to head for the snow, step onto our skis, and test ourselves once again. How are you doing this year? Are you better, worse? About the same? What has changed; what has been learned? Is the same telemark slope easier, harder?

I don't know about you, but me, I get to decide where I will ski and how hard I will do it. What have I learned? It's easier to slide my skis when my weight is on the balls of my feet. This is not easy to do, hence I shuffle along, hardly sliding at all. At some level I understand that the more I stand on my toes, while stepping forward, the more I glide. I've seen some real improvement in my double poling and suspect it is helped by my having waxed the tips and tails of my no wax skis. It couldn't possibly be the additional ten pounds I seem to have acquired since last season! In any case, I will be out there skiing, recreating and learning. I hope to see you out there as well. May you ski well and often.

Kurt Duey



Kurt Duey and Sheila Hardy skiing on a cold day at Stake Lake



Cathy Cameron at Manning

## NEW THIS YEAR!

### LAST MINUTE DAY TRIPS, CARPOOLING & EMAIL LIST SERVER

Don Hicks, Coordinator for, Day-Trips has configured an NNSC Email List Server hosted by [GoogleGroups.com](http://GoogleGroups.com)

### EMAIL LIST SERVER IS UP AND RUNNING

All members should have received an email inviting them to join our new "Last Minute Day Trip and Carpooling" email list (see article above). In your in-box the invitation email would have looked like: "From: noreply@googlegroups.com Subject: Google Groups: You've been invited to Nooksack Nordic Ski Club". The email would have contained a message from Don Hicks describing the nature and intent of this email ListServ, and a link to click-on that would add you to the list if you desired to join. As of December 17, 35 members have done so.

If you did not receive or recognize the invitation email or declined to join, you may at anytime email or call the list

manager, Don Hicks, at [hicks46@netzero.net](mailto:hicks46@netzero.net), 360-733-4815 and he will add you to the list.

NOTE: YAHOO MAIL will put all email from Google Groups in your SPAM folder! You may find your invitation there and you must hit the NOT SPAM button to receive any further emails from the list in your in-box folder.

The primary purpose of this Email List Server is to facilitate the organization of last minute day trips and carpooling to our home trails near Mt. Baker and other local destinations such as Cypress Mountain, Stevens Pass, Manning Park, etc.. With the highly variable weather and snow conditions in the Pacific Northwest, it is often a last minute decision to go skiing in a few days. So, if you are going out and wish to invite others to join you for company and companionship or just carpooling if you have room to share or a need for a ride, you will be able to just send an email to

[NooksackNordics@GoogleGroups.com](mailto:NooksackNordics@GoogleGroups.com)



Membership in this Email service is voluntary and restricted to NNSC members.

Only members of the list can send emails to the list so you will receive no SPAM. You may easily unsubscribe from the list at any time. All email addresses are kept private when you send out a message.

So, watch for an invitation to join the list in your email if you are a current member of NNSC. You

may then accept membership in the list or decline.

You may join this list at any time later by sending an email to the list moderator,

Don Hicks,  
[hicks46@netzero.net](mailto:hicks46@netzero.net)

### USING THE WEBSITE

The club website is maintained by Susan McClung. It is a powerful resource for club communication.

- ❖ Keeping snow condition reports at Salmon Ridge updated is a two way process. Skiers contact Susan with reports who then posts them on the website.
- ❖ Skiers are encouraged to provide brief trip reports and photos when they ski other areas.
- ❖ Check the Calendar of Events for upcoming trips, meetings and other activities.
- ❖ Tools for prospective trip and coordinators including new electronic trip scheduling.
- ❖ Membership applications, directions, trail maps, road conditions and more.

Contact Susan at [smcclung@whidbey.net](mailto:smcclung@whidbey.net), (360) 675-9351.

## Nooksack Nordic Ski Club Membership Application and Sno~Park Order Form

Use this form to purchase Sno~Park permits, or to join the club or to renew your membership.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
Street/PO Box City State Zip

PHONE 1: \_\_\_\_\_ (Home, Cell, Work) PHONE 2: \_\_\_\_\_ (H, C, W)

EMAIL 1: \_\_\_\_\_ EMAIL 2: \_\_\_\_\_

(Please check the appropriate items)

NNSC MEMBERSHIP DUES: \$30 per individual \_\_\_\_\_ \$45 per household \_\_\_\_\_

Student \$15 \_\_\_\_\_ Sno~Park permit: \$40 \_\_\_\_\_ Total amount: \_\_\_\_\_

Please read this agreement carefully before signing and dating:

In signing and submitting this form, I recognize that cross-country skiing involves strenuous activities, is potentially hazardous, and involves inherent risk. I knowingly and voluntarily assume all responsibility and risk for my actions and my family's actions while cross-country skiing, during travel related to Nooksack Nordic Ski Club (NNSC) activities, and during use of facilities and equipment. This includes, but is not limited to falls, collisions, effects of weather, conditions of equipment and trails and other areas while skiing or participating in NNSC activities. I hereby for myself, my heirs, administrators, or anyone else who may bring claims on my or my family members' behalf, covenant not to sue, release and discharge the NNSC, its Board and Committee members, and all related organizations or individuals, from any and all claims of liability for death, personal injury, or property damage arising from my or my family members' participation in NNSC activities.

Name (Print please): \_\_\_\_\_

Signature: \_\_\_\_\_

Other family member(s): \_\_\_\_\_

Other signatures: \_\_\_\_\_

Date: \_\_\_\_\_

Please distribute my contact information to the membership. We omit street address from the distribution list, showing only city, phone and email address(es), (Please note, if you decline to be listed, then you won't get the list, either)

Yes \_\_\_\_\_ No \_\_\_\_\_

Please check preferred alternative for receipt of Snow News is Good News newsletter:

Email: \_\_\_\_\_ U.S. mail: \_\_\_\_\_ or NNSC website: \_\_\_\_\_

Please make checks out to: Nooksack Nordic Ski Club and mail with this form to:

Nooksack Nordic Ski Club, P.O. Box 28793, Bellingham, WA 98228